



Take 5

For Safety



U.S. ARMY COMBAT READINESS/SAFETY CENTER

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Coming home resilient

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For redeploying Soldiers, coming home requires preparation and adjustment, just as pre-deployment did for themselves and their Families.

To address those needs, the Army now conducts a Master Resilience Training Course at Victory University, Fort Jackson, S.C.

The course description states, "The MRT Course is a key component of the Comprehensive Soldier Fitness Program. The program was established by the Chief of Staff of the Army in 2008 to increase emotional resilience and enhance performance in Soldiers, Family Members and Department of Army Civilians. The concept behind the CSF program, as it relates to resiliency, is simple: being Army Strong is about much more than being physically fit; it is about mental and emotional strength, as well."

Comprehensive Soldier Fitness is a holistic program designed to give all members of the Army community the knowledge, critical thinking and behavior to optimize their ability and likelihood to thrive in their lives and successfully cope with life's challenges and adversity.

The program trains specific skill sets along the five domains of human health and fitness — physical, social, emotional, spiritual and Family. Integrating CSF results in greater "resilience," which is the sum of each individual's assets and resources in these dimensions.

Information provided by the CSF program states:

- CSF is about enhancing the readiness and quality of life of the force.
- CSF develops holistic fitness in multiple dimensions for a variety of challenges.
- The Army now equips and trains Soldiers, Family members and Civilians for both the physical and psychological rigors of sustained operations.
- The CSF program is built on 30 years of science and is based on how to think rather than what to think.

- The CSF program is committed to a prevention model for the entire force, enhancing a person's resilience and coping skills.
- CSF uses a lifelong learning model of virtual and classroom training to provide critical skills to meet the needs of Soldiers, Family members and Civilians.
- Victory University conducts a 10-day training course based on the positive psychology program developed at the University of Pennsylvania. Approximately 1,800 Soldiers and Civilians are expected to attend the course annually.

Dr. Joseph MacFadden, research psychologist and master resiliency trainer for the Human Factors Task Force, U.S. Army Combat Readiness/Safety Center, offers the following advice for Soldiers feeling the stress of redeployment and homecoming:

- Know your limits.
- Be willing to make changes.
- Bouncing back is the only option.
- There is no shame in reaching out and asking for help.
- Giving up is not the Army way; rather, it is the true sign of weakness.
- It takes more than courage to be resilient.
- Inner strength is true power.
- Physical, mental and emotional strength are the true balance of power.
- Life's struggles are only reminders that we must keep ourselves in check.

For additional information on the CSF program, visit <http://www.jackson.army.mil/sites/vu/pages/273>.



**ARMY SAFE
IS ARMY STRONG**

